

Sunburst

Vol. 48 No. 5

Serving the Holloman Air Force Base, N.M. community

Friday, Feb. 4, 2005



African Americans In Defense Of Our Nation

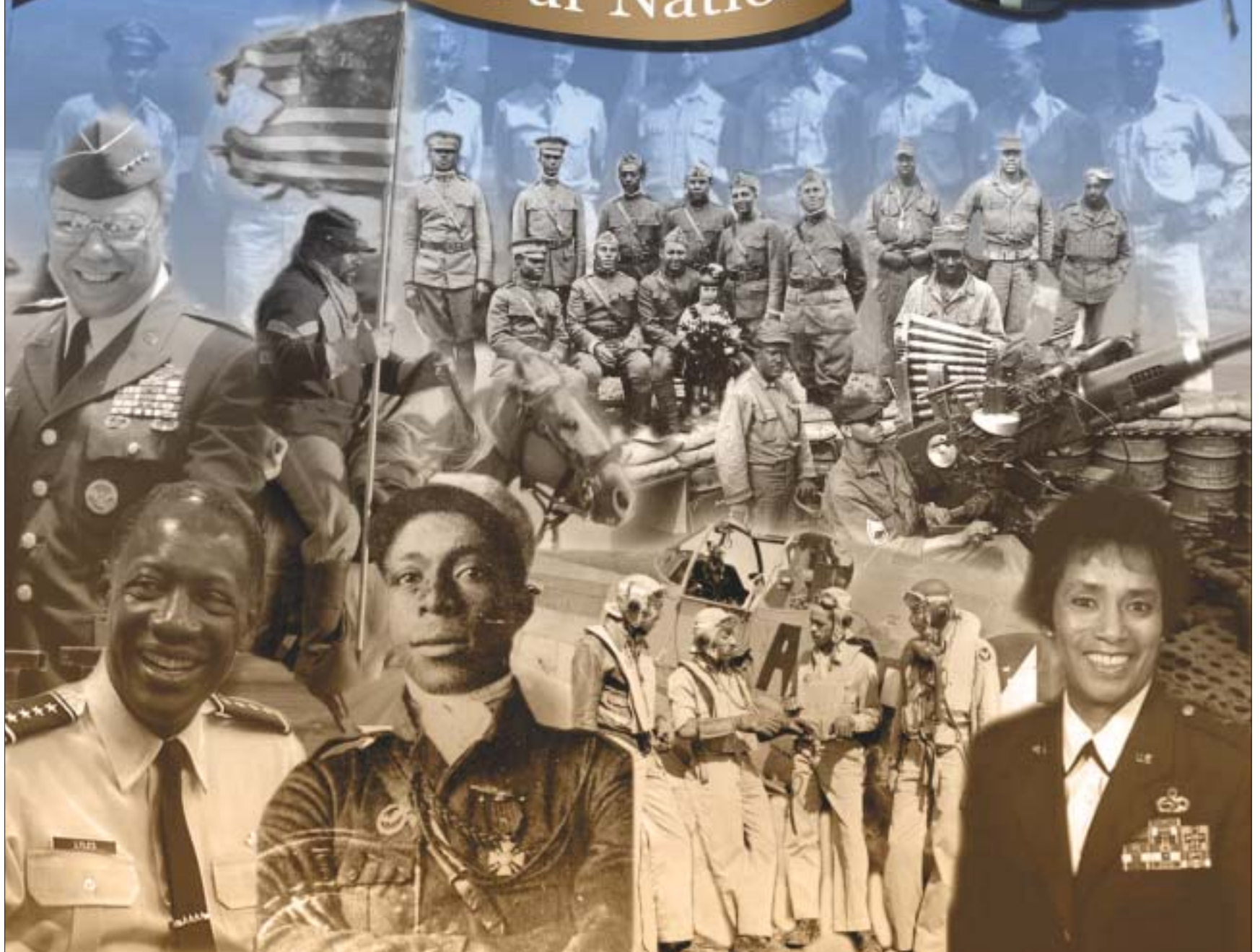


Illustration by Airman Tyler Moore

February is African-American History Month



Secretary Colin Powell was a professional soldier for 35 years, during which time he held a myriad of command and staff positions and rose to the rank of 4-star general.

Gen. Lester Lyles was the commander, Air Force Materiel Command, Wright-Patterson Air Force Base, Ohio.

Buffalo Soldiers: Nearly 4,000 Buffalo Soldiers served at 11 posts in New Mexico, protecting travelers to California and valuable trade routes along the Rio Grande. See Feb. 11 *Sunburst* for full story.

Eugene Bullard was the only African-American fighter pilot in WWI. See full story on page 6.

Tuskegee Airmen: By the end of WWII, 992 men had graduated from pilot training at Tuskegee, Ala. 450 of whom were sent overseas for combat assignments. During the same period, approximately 150 lost their lives while in training or on combat sorties.

Major General (Ret.) Marcelite Harris was the first woman aircraft maintenance officer for the United States Air Force; she was the first woman deputy commander for maintenance and she was one of the first two women air officers commanding at the U.S. Air Force Academy.

Let's take it to the end zone

by Brig. Gen. Kurt Cichowski
49th Fighter Wing commander

A few months ago, the 49th Fighter Wing had its initial Operational Readiness Inspection from the Air Combat Command Inspection Team. The results, while strong in many areas, weren't where we needed to be overall. Because of this, we've been given some time to learn from the mistakes we made and get better. That is why we'll start an Operational Readiness Exercise next week; to sharpen our skills at deploying anywhere around the world, and improve on areas the ORI Team showed us were deficient.

In the past, we've talked about "getting ready for the big game", and "taking care of your wingman" and our proud heritage of the Fightin' 49ers dating back to World War II and the

Pacific Theatre. While all of that was and is important, our focus now must be showing Air Combat Command and our great nation that we have what it takes!

That means that now is the time to step-up, work hard and get the mission done in a timely, efficient, correct and safe manner. It means that we have to be at the top of our game. This is our Super Bowl, and none of us want to go home in second place.

Next week's Phase I-only ORE will be one of many chances for us to hone our skills at being combat ready until our re-inspection in the May timeframe. So take this as the wakeup call to be ready both individually and as a team; let's take this one to the end zone. There's only 99 days left before the whistle blows to start our championship effort!

Holloman Salutes

The following Team Holloman members were superior performers during the Environmental, Safety and Occupational Health Compliance Assessment Management Program team visit Jan. 24 to Jan. 28:

49th Logistics Readiness Squadron

Tech. Sgt. Ernest Garcia
Tech. Sgt. Becky Miller
Mr. Santiago Delgado

49th Civil Engineer Squadron

Mr. Michael Porto

DRMO

Mr. Johnny Rasnick

German air force environmental flight

Ms. Ursula Davis

49th Aeromedical-Dental Squadron

Master Sgt. James Dorton



High: 52
Low: 26
TODAY



High: 50
Low: 30
SATURDAY



High: 52
Low: 28
SUNDAY



High: 54
Low: 30
MONDAY

Weather forecast provided by the
49th Operations Support Squadron Weather Flight

Holloman Hotline 572-7500



The Hotline is your direct link to the 49th Fighter Wing commander. If you've tried to solve the problem yourself and haven't been able

to get results, call 572-7500 or e-mail cc.hotline@holloman.af.mil. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem.

If you want to pass on praise for a job well done, contact the supervisor or commander directly who can provide the appropriate recognition to the individual or group. The unit commanders and agency chiefs want to help. Let them try first.

DUI Update

Days since last DUI **14**
DUIs this year **6**
This week last year **9**

Last six DUIs

- 49 AMXS Aug. 25
- 49 CES Oct. 1
- 49 MMS Oct. 18
- 49 CES Nov. 10
- 49 MMS Jan. 9
- 49 MXS Jan. 21

572-RIDE works!

Calls made are lives saved

273 Saves this year
14 Saves this week



Editorial Staff

Brig. Gen. Kurt Cichowski ...49th Fighter Wing commander
Maj. John Bryan Public Affairs director
1st Lt. Vincent King Public Affairs deputy director
2nd Lt. Melissa J. Stevens Internal Information chief
Senior Airman Vanessa LaBoy Editor
Ms. Laura Hunt Copy editor
Airman 1st Class Stephen Collier..... Staff writer

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Ambulance safety

by **Capt. Ben C. Robinson**
49th Aeromedical-Dental
Squadron

At least three times a week, The 49th Aeromedical-Dental Squadron's and 49th Medical Operations Squadron's Flight Medicine Clinic staff assume they have only minutes, maybe seconds, to save an aircrew member in a life threatening situation.

A person's life is in jeopardy and time is against them, but their mission is to respond to their emergency destination with an ambulance crew quickly and safely. Careless driving on base hinders their mission and could possibly cost someone their life.

"One of the biggest concerns we have as ambulance crew members is making it safely to the proper area in order to respond medically to an in-flight emergency," said Tech. Sgt. Bryan Cole, Flight medicine NCO in charge. "It becomes worrisome at times as we respond to these emergencies because drivers don't always pull over to the side of the road or they will continue to drive through an intersection as we are rapidly approaching. This greatly slows our response time and presents a very dangerous situation for us and them."

Sergeant Cole also stated that because of the different aircraft, runways and changing weather conditions at Holloman, his ambulance crews have to respond quickly to various locations on base with commute times between three and 10 minutes. These response times are increased when drivers are slow to move out of the way of an oncoming ambulance.

According to Maj. Robert York, Flight Medicine officer in charge, the most dangerous intersections for the ambulance crews are the medical group exit onto First Street, First and Forty-Niner Streets, and First Street and Delaware Avenue.

"It's not uncommon for someone to pull right through one of

these intersections with music blasting from the speakers just as we are trying to go through the same intersection," Major York said. "Our goal is to make it to the in-flight emergency safely so that we in turn can provide medical care to endangered aircrew members. It would be a tragedy if we were involved in a traffic accident while responding to an in-flight emergency because someone driving had low situational awareness at the time. What we are asking is for drivers to be a little more attentive while driving on base and when you see lights flashing and sirens ringing to please pull over to the side of the road."

Col. Matt Adkins, 49th Medical Group commander, said when a victim dials 911 or the Command Post calls for an in-flight emergency, emergency response needs to get to the scene as quickly and safely as possible.

"I ask all Holloman personnel to give way to the emergency vehicles so we can get medics on scene to take care of your loved ones," he said.

On the side

The 49th ADOS and MDOS Flight Medicine clinic staff gave the following driving tips while on base to assist in driving safety for everyone including ambulance crews:

- Don't stop in the middle of an intersection if there is an oncoming ambulance
- Don't speed through an intersection to try and beat the oncoming ambulance
- Keep music to a reasonable level in your vehicle
- Pull over immediately at the sight of an ambulance with flashing lights and/or siren
- Maintain an increased situational awareness while driving on base
- Don't tailgate or follow an ambulance responding to an emergency
- Don't try and outrun an ambulance responding to an emergency
- Always wear seatbelts



Photo by Ms. Laura Hunt

Left to right: Staff Sgt. Marc Long, Tech. Sgt. Nolverto Nieto and Senior Airman Tonia Rybarczyk load a Q-2 Firebee drone onto a forklift here Jan. 28.

Q-2 returns to Holloman

by **Ms. Laura Hunt**
Sunburst staff writer

Members of the 49th Logistics Readiness Squadron Air Transportation Flight returned a 1,000-pound piece of Air Force history to Holloman Jan. 28.

The piece of history, a Q-2 Firebee drone, was put on loan to the New Mexico Museum of Space History from the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base, Ohio, in 1999.

Maj. General (Ret.) Charles D. Metcalf, National Museum of the U.S. Air Force director, visited the museum of space history last year

to survey the artifacts on loan, said Mr. George House, museum of space history curator. When he saw the Q-2, a model which was not on display in the National Museum of the U.S. Air Force, he requested the piece be returned to the collection.

Members of the 49th LRS Air Transportation Flight packed the drone onto a flatbed truck and transported it to Holloman.

There were more than 300 Q-2 missions at Holloman from 1948 to 1960, said Master Sgt. Greg Henneman, 49th Fighter Wing historian. The radio-controlled Q-2 Firebee model established a record of 25 flights at

Holloman between 1958 and 1960.

The Firebee was used primarily for testing newly-developed missiles and for fighter-interceptor pilot training. It was capable of being launched from an airplane or from the ground.

The drone was scheduled to be restored to its original condition by the space history museum, but now the National Museum of the U.S. Air Force will take on that task, Mr. House said.

The drone will be stored at Holloman until an aircraft can transport it to the National Museum of the U.S. Air Force.

Holloman Salutes

Congratulations to the graduates of the Airmen Professional Development Course held Jan. 19 to 21. The next Airmen Professional Development Course is April 12 to 14. Contact your unit first sergeant for eligibility.

49th Logistics Readiness Squadron

Airman 1st Class Sallandra Delgado
Airman 1st Class Joshua Pate
Airman 1st Class Milton Robins

49th Civil Engineer Squadron

Senior Airman David Dascalescu
Senior Airman Nicholas Gwozdziwycz
Airman 1st Class Carlos Castro

Airman 1st Class Arthur Patterson
Airman 1st Class Bethanie Rhodes
Airman 1st Class Tyler Seeholzer

49th Communications Squadron

Airman 1st Class James Stacy

49th Contracting Squadron

Senior Airman Fred Hurlburt

49th Maintenance Operations Squadron

Senior Airman Nicholas Hazlett

49th Maintenance Squadron

Senior Airman Roy Elley
Senior Airman Kevin Lenna
Senior Airman James Methven
Airman 1st Class Christopher Rumley

49th Operations Group

Airman 1st Class Monica Garcia
Airman Justin Stanley

49th Materiel Maintenance Squadron

Airman 1st Class Colby McCarthy

49th Materiel Maintenance Support Squadron

Senior Airman Kevin Beavers
Senior Airman Erin Beetler
Senior Airman Jacqueline Hodge
Senior Airman Eddie Perez
Airman 1st Class Michael Abram

49th Mission Support Squadron

Senior Airman Anthony Welch
Senior Airman Ben Yost

49th Medical Group

Senior Airman Kimoy Byer
Senior Airman Jubert Tenorio



The 49th Security Forces Squadron handled the following incidents from Jan. 25 to Monday.

Tickets

Security forces issued 19 tickets: two for failure to stop,

one for no left headlight, two for failure to show insurance, one for speeding in a construction zone, one for inattentive backing, one for expired driver’s license, one for leaving the scene of an accident, one for careless driving, one for no insurance, one for be-

ing double parked, one for abandonment child abuse, one for battery against a household member, one for disobeying a traffic light, four for speeding one to 10 mph over the speed limit and one for speeding 11 to 15 mph over the speed limit.

Property loss, damage or theft

- Jan. 26: There was a four car accident outside the west gate.
- Jan. 27: A civilian reported a vehicle left the shoppette without paying for fuel.
- Jan. 28: An Airman reported her vehicle was damaged in the dorm 334 parking lot.
- Jan. 28: There was a minor accident between two privately

owned vehicles in the building 520 parking lot. A vehicle hit another vehicle while backing up.

- Jan. 29: There was a minor accident between two government-owned vehicles. One vehicle rolled into the other while they were parked.
- Jan. 31: A civilian ran over a wooden stake in a GOV.
- Jan. 31: There was a minor accident at building 877 when a GOV backed into a pole.
- Jan. 31: An Airman reported that property was stolen from his room in dorm 334.

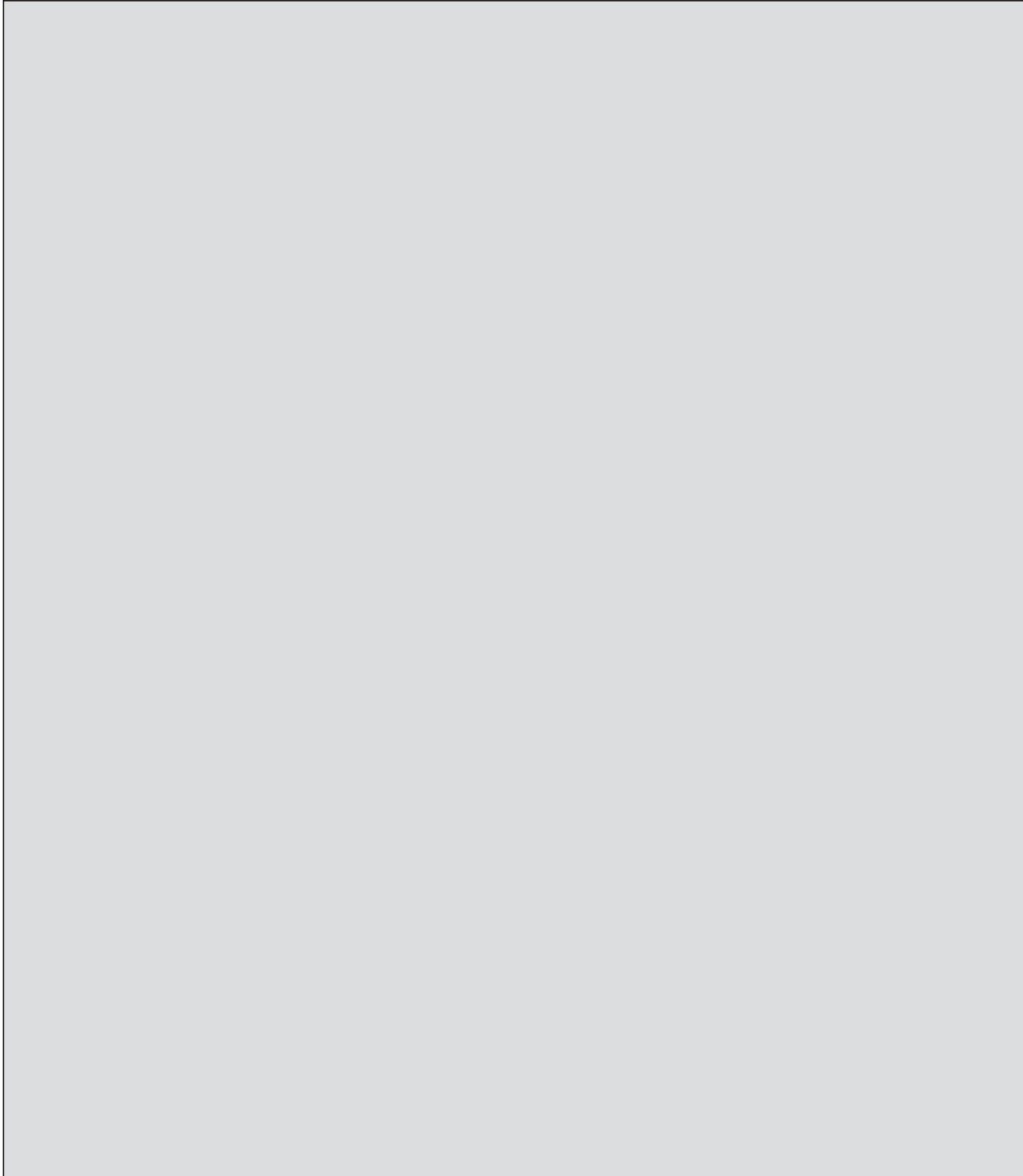
Patrol response

- Jan. 25: An officer reported his family member cut her hand open with a knife.

- Jan. 25: A civilian reported that someone was trying to get on base with false identification.
- Jan. 27: There was a domestic disturbance on Langley Court.
- Jan. 30: An Airman reported he received a threat from his girlfriend.
- Jan. 28: An NCO reported a neighbor’s dog dug under the fence and attacked his dogs.

Civil arrest

- Jan. 29: An Airman was arrested by the Alamogordo Department of Public Safety for failure to appear or pay a citation.



Eugene Bullard: A stranger in his own land

Only African-American fighter pilot of WWI earned French ‘Medal of Honor’

by Master Sgt. Greg Henneman

49th Fighter Wing Historian

Each February, we stop to recognize the contributions of African-Americans to our military, and to our society as a whole. However, these contributions are more than a one-time historical event that we reflect upon. Rather, these courageous Airmen laid the foundation for the military and society we have today.

Justifiably, stories of the Tuskegee Airman’s 99th Fighter Squadron and 332nd Fighter Group fill history books. Their heroism in North Africa and Italy resulted in the downing of more than 250 enemy aircraft.

However, more than 25 years before the “Red Tails” flew in combat, a single African-American journeyed to France to become the only black fighter pilot of

World War I.

The grandson of a slave and son of a Creek Indian woman, Eugene Bullard refused from an early age to be defined by the color of his skin and overcame the limitations placed on him by early 20th century society.

After witnessing the lynching of his uncle, and the near-lynching of his father, Bullard decided at age 10 to leave for France, where his father told him “man was judged by his merit, not the color of his skin.”

On his journey, Bullard lived in Scotland and then Liverpool, England. While in Liverpool, he gained notoriety as a prize welterweight fighter. However, on the outbreak of World War I, Bullard departed for France to aid the country he had long dreamed about.

Serving in the French Foreign Legion, Bullard was wounded four times in combat, twice during the

Battle of Verdun, receiving the French Croix de Guerre for heroism. Additionally, Bullard received the French Legion d’Honneur, equivalent to the U.S. Medal of Honor.

While on convalescent break from combat, Bullard volunteered for service in the French air force. May 17, 1917, he completed pilot training, becoming the world’s first black pilot and fighter pilot.

Not long after, Corporal Bullard, assigned to the Lafayette Escadrille, demonstrated his combat prowess in the air, downing two German aircraft in 20 combat missions. Unfortunately, his aviation career was dramatically cut short in 1918 after an altercation with an American pilot. Corporal Bullard was grounded, unable to avoid racism, even in his beloved France.

A description of Corporal Bullard in 1920 stated, “His black tunic, excellently cut and set off by a fine figure, was decorated with a pilot’s badge, a Croix de Guerre, the fourragere of the Foreign Legion and a pair of enor-

mous wings, which left no possible doubt, even at a distance of 50 feet, as to which arm of service he adored. There was scarcely an American at Avord who did not know and like Bullard. He was brave, loyal, and a thoroughly likable fellow...”

Corporal Bullard remained in France after World War I. He joined the French underground and resistance when Nazi Germany invaded France in June 1940. At the Battle of Orleans, Corporal Bullard was injured. In efforts to prevent a member of the resistance from capture, French partisans smuggled him to Spain where he was medically evacuated to the United States.

Eugene Bullard lived the remainder of his life in New York City. Although he never received his due recognition from the United States, he remained a hero in France. In 1954, he lit the Eternal Flame of the Tomb of the Unknown Soldier, under the Arch de Triomphe in Paris. Six years later, in a visit to New York City, French



Courtesy photos

President Charles de Gaulle openly embraced and recognized him as a “true French hero.”

On October 12, 1961, Corporal Bullard died from complications of injuries he suffered in two world wars. After receiving 16 French medals and honors in his life, he was laid to rest by the Federation of French War Officers at Flushing Cemetery in New York.

Today, Corporal Bullard’s name is still rarely mentioned in American aviation history books, and he only recently has been officially recognized for his heroic contributions.

DOD sets CFC record

Pledges surpassed goal of \$12.1 million

Cigars and roses were just part of the thanks handed out here Feb. 1 by Combined Federal Campaign National Capital Area officials after Defense Department employees raised a record-setting \$14.9 million in pledges in the 2004 campaign.

The \$14.9 million figure far surpassed the campaign's goal of \$12.1 million, and is \$1.8 million over the \$13.1 million collected a year ago, DOD campaign officials said.

Deputy Defense Secretary Paul Wolfowitz, who serves as CFC vice chairman, called DOD's participation "pretty impressive."

"I am immensely proud of what this department has accomplished," he said.

"Over and over again we keep coming back; over and over again we keep breaking records," he said. "At some point, it's going to become impossible. But it's not impossible yet, so next year we're going to break the record one more time."

Mr. Wolfowitz said the record shows the DOD community is generous and committed to helping others.

"Wherever you look, whether it's wearing the uniform or as civilian, you'll find people with a strong sense of community, a strong sense of service, people who will pitch in to provide help when it's needed," he said.

Such was the case after the recent tsunami disaster. Mr. Wolfowitz said the CFC deadline was extended two weeks

to allow employees to contribute to the tsunami relief efforts.

"I want to thank all of you in this campaign for making that part of our special effort," he said.

Although the generosity is "clearly reflected in this record-breaking fund-raising effort," Mr. Wolfowitz said the numbers alone do not tell the story.

"It's not just the numbers — those figures are impressive enough — but the spirit behind some of the gifts is as amazing," he said.

Mr. Wolfowitz said one anonymous employee gave a single gift of more than \$250,000, but he said that every donation reflects the DOD community's generosity.

"Whatever the amount, you can be certain that every gift was given with a generous heart," he said.

A breakdown of the donations shows all 23 components of the DOD effort exceeded their goals, and, for the first time, each military service raised more than \$2 million. The Department of the Navy and U.S. Marine Corps raised \$3.7 million; the Army \$3.3 million and the Air Force \$2.1 million.

The Defense Intelligence Agency became the first nonservice component to raise more than \$1 million.

The average contribution this year was \$296, with some 50,000 donors contributing. *(AFPN)*

African-American History Month

ACROSS

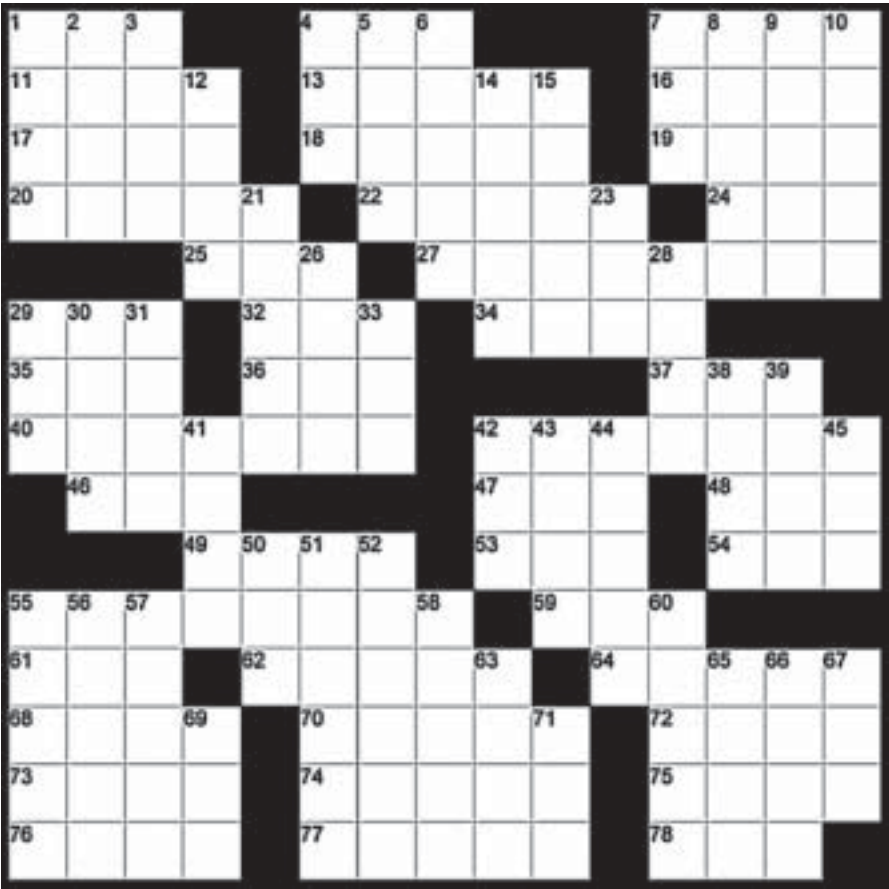
- 1. Child’s game
- 4. Perform
- 7. Hand part
- 11. British river
- 13. Solomon’s wife
- 16. Away from the wind
- 17. Singer McEntire
- 18. Grey ____ mustard
- 19. First African-American U.S. Poet Laureate
- 20. Cube
- 22. Writer a.a. ____
- 24. Smack
- 25. Questionable pause?
- 27. African-American abolitionist, author
- 29. ____ Tai drink
- 32. Traitor
- 34. ____ gin fizz
- 35. Hotel
- 36. In the manner of
- 37. Formerly
- 40. African-American poet Maya
- 42. 3X African-American gold medalist Wilma
- 46. Hearing aid?
- 47. Bullring cheer
- 48. Confederate general
- 49. First African-American Wimbledon winner

- 53. Compass point
- 54. USAF deployment cycle
- 55. First African-American Supreme Court justice
- 59. Commotion
- 61. Pub order
- 62. Bombeck and others
- 64. Expiration
- 68. African-American civil rights activist
- 70. More ready, as in fruit
- 72. Sultan
- 73. ____! _ mouse!
- 74. Actress Dunne
- 75. Invalid
- 76. Observes
- 77. Briny
- 78. 4 DOWN sound

DOWN

- 1. Plastic cover
- 2. Declare
- 3. Asian desert
- 4. Viper
- 5. Pal
- 6. Lukewarm
- 7. Bachelor’s place
- 8. Hawaiian greeting
- 9. Jean maker
- 10. Greets
- 12. ____ *Bridges*
- 14. Knives
- 15. Cancel

- 21. Painting
- 23. Self
- 26. Angel’s head gear
- 28. Talk show host
- 29. Military status, sometimes
- 30. Famous Frank
- 31. Fox Sport reporter Hammond
- 33. 19th letter of the Greek alphabet
- 38. African-American jazz singer Fitzgerald
- 39. Fencing sword
- 41. Periods
- 42. Director Howard
- 43. Arm bone
- 44. Titles
- 45. Playboy founder, informally
- 50. Female identifier?
- 51. First woman African-American ambassador
- 52. Mark Twain’s NY burial spot
- 55. Creates



- 56. Similar
- 57. Actress Zellweger
- 58. Coat part
- 60. 1936 African-American 4X gold medalist
- 63. Emitted
- 65. Flightless birds
- 66. Hurts
- 67. MTV show
- 69. Fuel
- 71. Marina del ____

Answers on page 13

Collaborative effort keeps Tornados flying

MXS NCO develops method to X-ray Tornado components

by Capt. Joel Stark
49th Maintenance Squadron

The 49th Maintenance Squadron helped out its neighbors across the ramp by creating a new process for inspecting the German Tornados' ejection seats for a dangerous structural problem Jan. 14.

Without the help of the 49th MXS, the Tornado fleet at Holloman would have been grounded for two to three weeks while parts were shipped to Germany and inspected. However, Staff Sgt. Joey Mabrey, 49th MXS Non-destructive Inspection section journeyman, worked closely with German maintainers and developed a new method of X-raying aircraft components that kept the Tornados mission-ready and saved the German air force time and money.

The Germans learned there was a problem with their ejection seats through a fleet-grounding procedure called a Safety Time Compliance Technical Order. All GAF Tornados were to be pulled off the flightline for inspection.

The suspect component — the time release unit — is a critical part of the aircraft's ejection seats. That section of each of the 66 ejection seats at Holloman would have to be shipped back to Germany for inspection at great expense. The local impact would have been the loss of training sorties for 33 jets as well as time lost on expensive bombing ranges. As for any air force, the

financial implications of such an event would be painful.

The time release unit is part of the process that, upon ejection from the plane, separates an escaping pilot from the bulk of the seat at a certain altitude, so not grounding the fleet and not disassembling all the ejection seats wasn't an option, said Lt. Col. Gerald Probst, German Logistics Group executive officer.

"We'd have had to send [the parts] to the original manufacturer in Germany for inspection, because the test procedure required a pressure chamber and a centrifuge that we don't have," Colonel Probst said, referring to a machine that produces artificial gravity.

The Germans' Egress shop chief presented a solution that would require the help of their host base, the 49th Fighter Wing. German maintainers knew the 49th MXS' Non-destructive Inspection section had industrial X-ray equipment that could detect hidden problems with aircraft. Among other things, NDI identifies potentially dangerous structural damage in inaccessible parts of aircraft.

Though no method had been developed for X-raying such a component, the GAF maintainers felt they had to give it a shot.

NDI sometimes inspects fighter cockpit canopies for the German Tornados, but the job would prove to be much more important and challenging than a canopy inspection.

According to NDI's acting

NCO in charge, Tech. Sgt. Christopher Anderson, technicians have to be careful because industrial radiation like that used by NDI can be 100 to 1,000 times more powerful than medical x-rays.

Once they got the go-ahead from Germany, Sergeant Mabrey and the section had to create a totally new procedure for X-raying the components. They experimented by X-raying the component for different amounts of time and finally found the timing both they and the GAF agreed was right.

"That Friday we shot 28 (ejection seats)," Sergeant Mabrey said, referring to the X-ray procedure. "By the end of Friday, we had our procedure down, and the following Tuesday the day shift knocked the rest of the 38 out."

All parties were initially overwhelmed, but the idea paid dividends.

The ejection seats are just one part of what Colonel Probst calls a very complex aircraft.



Photo by Capt. Joel Stark

Staff Sgt. Joey Mabrey enters exposure time settings for the X-ray. Sergeant Mabrey experiments with exposure times, length of times x-raying, to determine the best length of time to x-ray the component in the ejection seat.

"The Tornado requires a lot of work to keep it fully mission capable due to its multiple combat roles and mission changes since the end of the Cold War," he said.

According to Col. Probst, the key to solving the problem of this inspection was collaboration and creativity.

"Using the X-ray equipment in the NDI shop was so benefi-

cial for Holloman Air Force Base and — once German Air Materiel Command adopted the procedure — for every fighter/bomber wing in Germany. It reduced the downtime of the fleet here to zero because it happened on a family day, and we didn't lose a single sortie. Ultimately, it was about teamwork and cooperation."



Photo by Airman 1st Class Larry Reid Jr.

Staff Sgt. Tara Urbin, X-ray technician, examines a patient's teeth for cavities or abnormalities.

SMILE

February is Dental Health Month

by 2nd Lt. Melissa J. Stevens
49th Fighter Wing Public Affairs

Since 1941, the American Dental Association has brought the need for dental health to the attention of the American Public with a children's dental health day. In 1981, National Dental Health Month was established.

"This program has taught numerous children and adults about what they can do to improve their dental health as well as get them in for their dental check-ups," said Capt. (Dr.) Tyler Baker, 49th Aero-medical-Dental Squadron dentist. "This month is important because it allows us to teach children the basics of oral hygiene while they are watching their permanent teeth grow in."

Captain Baker said the teenage years are the most important time in the life of an individual as far as the prevention of cavities.

"If we can teach children how to better take care of their teeth at a young age," he said, "they can prevent cavities from occurring in their permanent teeth."

He said the dental clinic will visit the classrooms of the children on base and select schools in the community throughout the month of February to teach them about proper dental care.

Captain Baker said it's important to have a check-up once a year because a dentist can detect cavities long before a patient will notice any symptoms. Dentists

are also able to see things in the mouth and on X-rays that people can't see by just looking in the mouth. He also said once a year teeth cleanings are necessary to clean off hard calculus that forms on teeth.

"If the dentist catches a cavity when it is still small there are ways of changing a patient's oral environment so that the cavity is remineralized and does not need to be filled," he said. "When a cavity progresses to the point that a patient is starting to feel it, the odds of the tooth needing a root canal or other extensive procedure greatly increases."

He said the main ingredient in food that causes cavities is sugar, namely sucrose.

"Bacteria in the oral cavity love to eat sucrose, and as a byproduct they produce acid," he said. "This acid breaks down the mineral and collagen in the tooth. So, the more often bacteria is being supplied sucrose the longer it is going to be producing acid. Conversely, human saliva is rich in minerals and nutrients that help the tooth re-mineralize areas that have been broken down by acid."

Captain Baker said in order to prevent cavities it is important for individuals to not eat or drink sugar containing foods over long periods of time.

When you do eat sugary food, it's much better to eat it fairly quickly and give the body time for saliva to re-min-

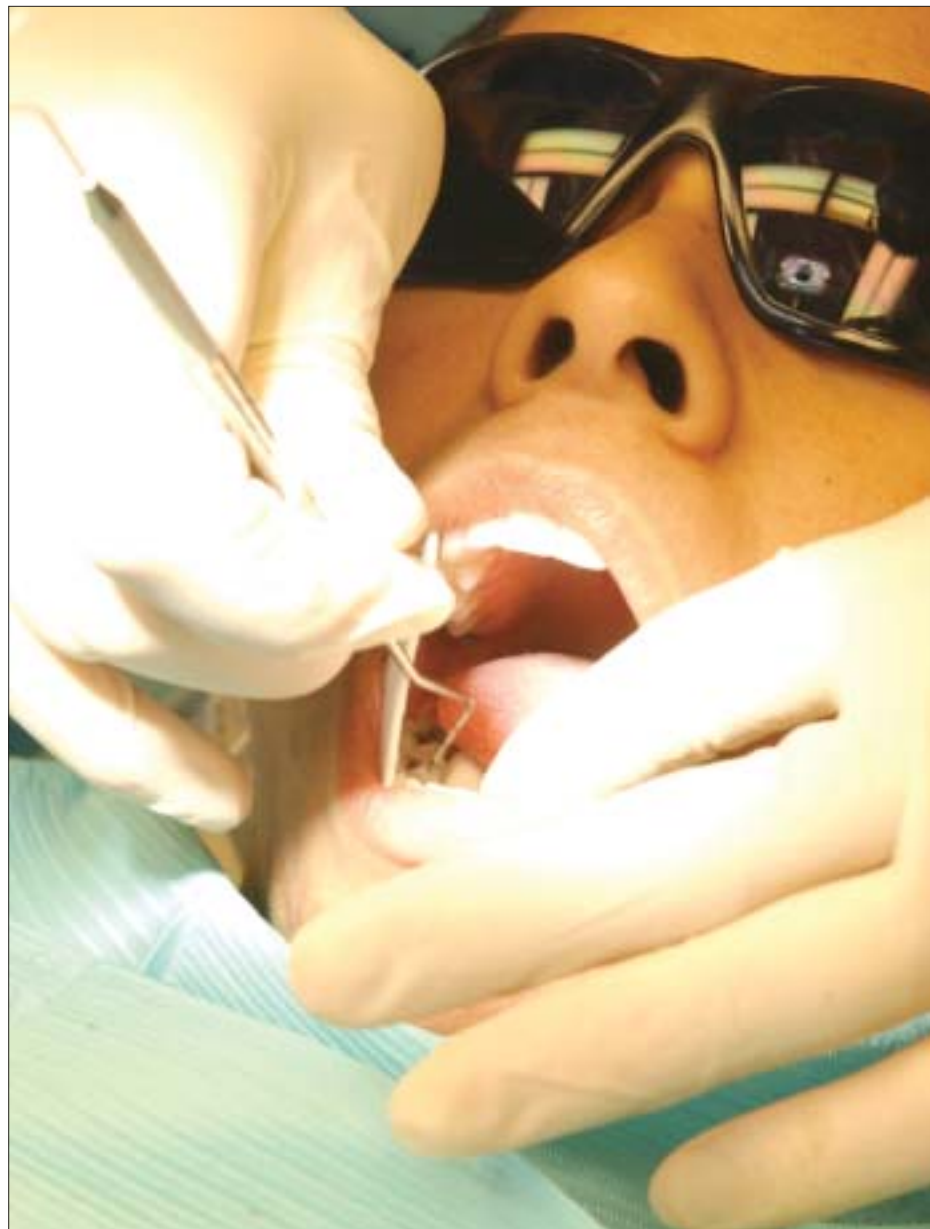


Photo by Airman 1st Class Erik Somppi

Capt. (Dr.) Tyler Baker, dentist, performs a standard check up on Tech. Sgt. Jan Patterson, 49th Logistics Readiness Squadron.

eralize and fight the bacteria in the mouth, he said.

Captain Baker said a lot of people ask questions about the effects of diet drinks on your teeth.

"Diet drinks are generally high in acid and can have some of the same demineralizing effects that regular sodas have," he said. "Diet and non-diet drinks also inhibit saliva flow, decreasing the re-mineralizing and bacteria fighting positive effects of saliva."

Captain Baker said the two most important times to brush is right after breakfast and right before bed at night.

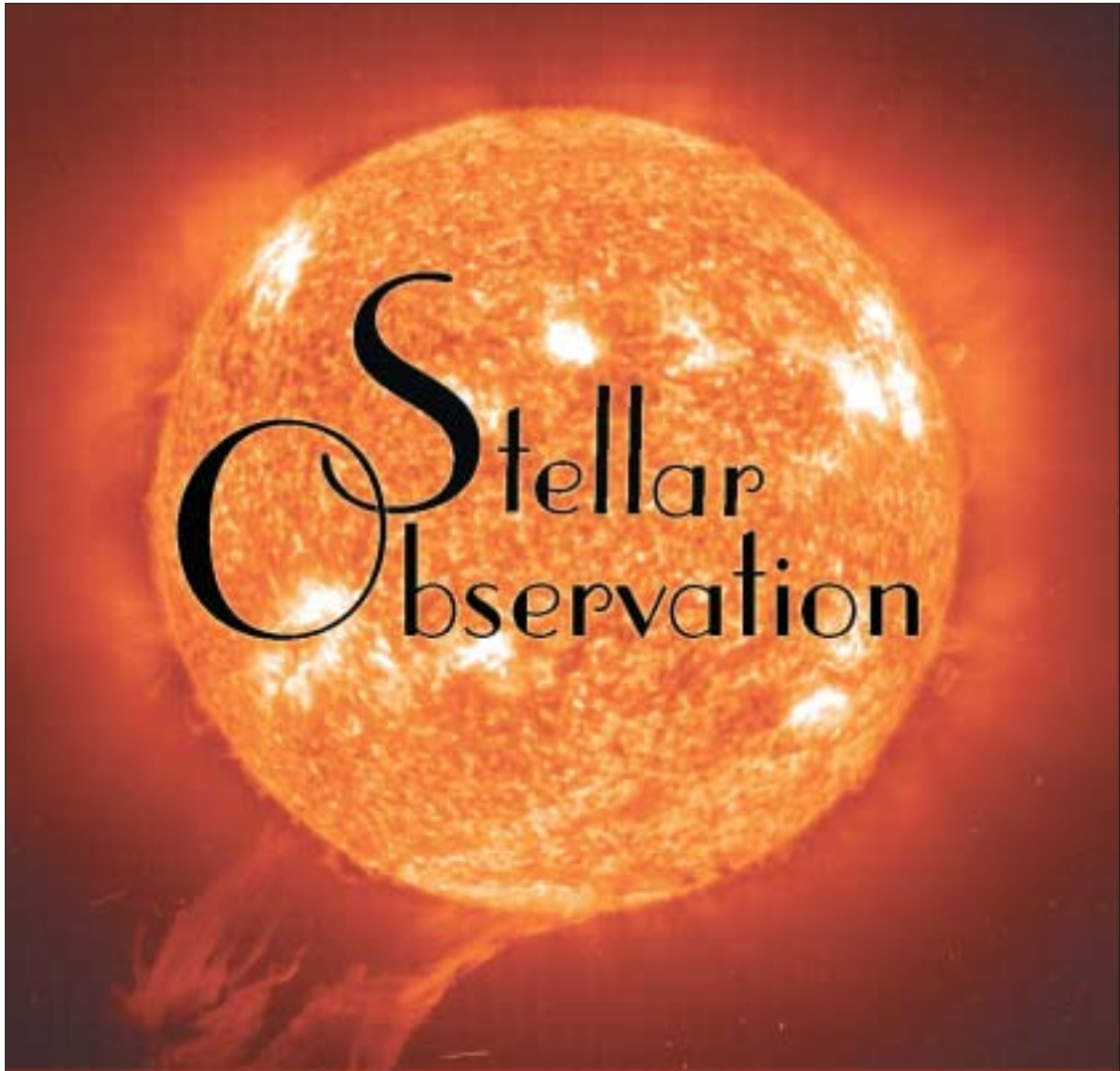
"However, most cavities start between teeth where the toothbrush can't get to," he said. "So, it's important to floss a few times a week if not every day."

He also said that despite what advertisements might say, research shows that mouthwash is not as good as floss.



Photo by Airman 1st Class Larry Reid Jr.

Tech. Sgt. Miguel Duran, Dental Laboratory NCO in charge, performs "the lost wax technique," which will produce a mold for a prosthetic tooth.



Stellar Observation



Staff Sgt. Gary Porter, Detachment 4, Air Force Weather Agency charts sun spots displayed by the solar telescope at the solar observatory. The images from the optical telescope are sent through lenses and light paths, where the image of the sun is projected on a white light board. From there they can analyze and record sun spots. Solar observers have been recording the sunspots in a similar fashion for more than 400 years.



Photos by Airman 1st Class Erik Sompiii

Mr. Everett Brooks, 49th Communications Squadron, adjusts the solar telescope at the solar observatory. As the Air Force moves more toward using space to enhance its intelligence and war fighting capabilities, solar activity becomes more important to monitor. Equipment such as global positioning system guided munitions can be less accurate if solar activity hinders satellite capabilities.



Mr. Everett Brooks of the 49th Communications Squadron, polishes a reflective globe used to see sky conditions from inside the solar observatory. Detachment 4, Air Force Weather Agency uses an optical telescope, its primary tool, and a solar radio spectrograph to monitor activity on the sun. The detachment is also the training center for Air Force solar observers.



Photo by Ms. Laura Hunt

The Holloman Hero submission form is available online. It can be downloaded at:
https://wwwmil.holloman.af.mil/wing/49FW_PA/internal.html



Senior Airman Kim Colbert 7th Combat Training Squadron

Duty title: Aviation Resource Manager
Time in service: Three years, two months

Time at Holloman: Two years, ten months

Hometown: Chambersburg, Pa.

Personal and career goals: My personal goal is to graduate from college with a major in mathematics and a minor in criminal justice. My career goal is to make rank the first time I test, each time I test.

Why is serving in the Air Force important to you?

When I was in grade school I would read about different wars that had occurred, now I can say that I am part of that history. I was deployed with the 8th

Fighter Squadron and stepped the two pilots that made the first attacks on Iraq during Operation Enduring Freedom. I can now tell my son, Jamil Jr., and when he has his kids, he has a story to tell his children.

What motivates you to be a better Airman?

My son, because I feel that children should look up to his or her parents versus a movie star or athlete.

Core value portrayed: “Excellence in all we do.”

“Airman Colbert shows professionalism in everything she does. She shows respect to those appointed over her as well as to those of lesser rank.”

– Lt. Col. Angelo Eiland
7th CTS commander

BRIEFS

Munitions closure

The Munitions Storage Area will be closed March 7 to 11 for a 100-percent inventory. Review all munitions requirements for this period and submit issue requests before noon, Feb. 14 for pick-up by Feb. 28. Only emergency requests approved by the maintenance group commander will be honored during the inventory.

For more information, call 572-1612 or 572-1613.

Equip. accountability

Accountability of equipment assets purchased with the government-wide purchase card: For equipment items (Budget Code 9) equal to or under the micro-purchase threshold, accountability is the responsibility of the unit commander. Unit commanders must establish a

locally devised program that provides visibility and audit trail capability. This may include use of hand receipts and spreadsheets. For Equipment Items (Budget Code 9) over the \$2,500 micro-purchase threshold purchased on existing contracts with the GPC, accountability records must be established through the Equipment Liaison Office. Equipment custodians must contact the 49th Logistics Readiness Squadron Equipment Liaison Office immediately upon receipt of the asset. Medical activities must also coordinate purchases through the Base Medical Equipment Office. (See AFI 64-117, Air Force Government-wide Purchase Card Program) for additional information. For more information, call Ms. Nancy Jarka at 572-3940.

Assessment

The Draft Environmental Assessment for the Improvements and Repair to Forty Niner Avenue is available for review and comment at the base library until Monday. All comments should be directed to the 49th Fighter Wing Public Affairs Office at 572-5406 or mailed to 490 First St. Suite 2800, Holloman AFB, N.M. 88330.

TAG	ACT	PALM
AVON	SHEBA	ALEE
REBA	PUPON	DOVE
PRISM	MILNE	HIT
	HUH	DOUGLASS
MAI	RAT	SLOE
INN	ALA	NEE
ANGELOU	RUDOLPH	
EAR	OLE	LEE
	ASHE	NNE
		AEF
MARSHALL	ADO	
ALE	ERMAS	SWEAT
KING	RIPER	EMIR
EKEA	IRENE	NULL
SEES	SALTY	SSS

Answers from page 8



Photo by Airman 1st Class Stephen Collier

Go Falcons

The Holloman Middle School cheerleaders won fourth place for their division this past weekend at the Regional Competition held at the Alamogordo High School. This is the first trophy the middle school has won in cheerleading since 1984.

Blood Drive

There is an Armed Services Blood Drive 10 a.m. to 2 p.m., Monday at the Base Community Center. The drive is on a walk-in basis with four stations. For more information, call Capt. Joel Stark at 572-5540.

Awards banquet

The Annual Awards Banquet, “Saluting Those Who Serve,” is Feb. 17 at the Oasis Enlisted Club Ballroom. Cocktails will start at 6 p.m. and dinner will be at 6:30 p.m.

R.S.V.P. to your squadron first sergeant by Feb. 11. Dress is mess dress or semi-formal for

military and after six attire for civilians.

Airman’s Attic

Holloman Enlisted Spouses’ Organization is relocating the Airman’s Attic to 2290B Torrance Place Feb. 10. All Team Holloman is invited to the grand opening at 10:30 a.m., Feb. 22. The attic will be closed until the move is complete. Wait to drop off donations at either location until that time.

Food drive

Cub Scout Pack 124 has a food drive from 10 a.m. to 5 p.m., Feb. 29 at the commissary. They are accepting all non perishable food items.

Free tax filing

Get your taxes prepared by IRS trained volunteers. Unit tax advisors will be processing returns at the squadrons. A list of UTAs can be found on the legal assistance Web page: <https://wwwmil.holloman.af.mil/wing/legal/index.html>.

HOSC thrift shop

The Holloman Officer’s Spouses Club thrift shop hours

are 10 a.m. to 2 p.m., Tuesdays and Thursdays. Donation bins are available in the back of the shop. Consignments are accepted from 10 a.m. to noon, Tuesdays and Thursdays. The store will be open 10 a.m. to 1 p.m., Feb. 19.

Red Cross training

The American Red Cross is offering lifeguard training. Anyone who would like to work as a lifeguard this summer, call the Red Cross to get the information for date, time and place of instructions.

There is an American Red Cross Water Safety Instructor course beginning in March. Cost is \$65. Call the Red Cross to register at 437-4421.

Education meeting

The next Education Meeting is 9 to 11 a.m., Feb. 14 at the Community Education Center ballroom.

Bring, bid and buy

The Holloman Officers’ Spouses Club Bring, Bid and Buy is Feb. 18 at the Officers’ Club. Registration and silent auction bidding start at 6 p.m. A

dessert and traditional auction begin at 7 p.m. All ranks are invited as well as guests of military members.

Free childcare is available to all ranks who are club members through the Parents Night Out program. R.S.V.P. to the Child Development Center at 572-7551 by Feb. 16.

ALS retreat

Airman Leadership School Class 05-C graduation retreat is at 2:15 p.m., Monday in the dorm mall area behind the Holloman Airman Leadership School, building 339. Commanders, first sergeants, supervisors, family and friends are invited to join the graduates in this important event. Uniform requirements: uniform of the day.

For more information, call ALS at 572-5860.

HOSC Scholarship

The Holloman Officers’ Spouses Club will award \$10,000 in scholarships to local students planning to attend an accredited school during the 2005-2006 academic year. To qualify, applicants must be a spouse or dependent child of an

active duty, retired, POW/MIA or deceased military member of the Holloman or White Sands communities. Applications are available at the family support center, education office, and library on base or at Alamogordo High School, Cloudcroft High School, and Tularosa High School in the guidance office. The application is also available for download at www.hollomanosc.com. For more information, call 443-0141 or 479-1019. Applications are due by March 15.

Chapel Services

Weekday Masses – 11:30 a.m., Monday, Wednesday, Thursday and Friday.

Sunday – Catholic Mass, 9 a.m. and 5 p.m.

- Sacrament of Penance, 4 p.m.

- General Protestant Worship Service, 11 a.m.

- Protestant Sunday School is 9:30 a.m. and Catholic Religious Education is 10:30 a.m., Sunday at Holloman Intermediate School.

On the BIG SCREEN

The Life Aquatic (R)
6 p.m., today

Meet the Fockers (PG-13)
6 p.m., Saturday and 9 p.m., Sunday

Tickets are 99 cents.

Tularosa Basin and beyond...

“Beavers”

“Beavers” is playing at the Tombaugh IMAX Dome Theater in Alamogordo. For information and show times, call 437-2840 or (877) 333-6589. Visit the Web site www.spacefame.org.

Shooting match

The Otero Practical Shooting Association has a NRA High Power Rifle Match at 9 a.m., Feb. 12 at the Sidney Paul Gordon Shooting Range, located at 19 Rock Cliff Rd., northeast of La Luz. Sign up is at 8:30 a.m. The match is open to the public. Match participants may use any military caliber centerfire rifle. Fifty rounds will be required for the match.

For more match information, call Mr. Butch Rials at 437-3663. For information regarding the shooting range, contact Range Master Jay Frost at 443-9006. For

a map, visit the Web site www.opshooterassn.org.

Mardi Gras

The Ruidoso Mile-High Mardi Gras Celebration is 5 to 8 p.m., Saturday at the Ruidoso Convention Center in Ruidoso, N.M. The event is a fundraiser for the Ruidoso Regional Council for the Arts and is co-sponsored by the Inn of the Mountain Gods and Ski Apache.

Tickets are \$8 in advance and \$10 at the door. Admission is only \$5 for those presenting a Ski Apache lift ticket dated Feb. 5. Tickets are available at the Ruidoso Chamber of Commerce, (505) 257-7395, and the RRCA Art Center at 1712 Sudderth Dr. in Ruidoso, (505) 257-7272.

Trinity Site Tour

A motorcoach is available to take passengers to the Trinity Site

at 6 a.m., April 2. Lineup for vehicles starts at 7:15 a.m. and passengers must be on the bus by 7:30 a.m. The tour departs at 8 a.m., with the motorcoach as lead vehicle. The caravan leaves the Trinity Site at 12:30 p.m. and gets back to Alamogordo at 2 p.m.

Fifty seats are available on a first-come, first-served basis for the April 2 tour. The cost is \$25 per person.

For more information, or to reserve space for the motorcoach, call the Alamogordo chamber at 437-6120 or stop by 1301 N. White Sands Blvd. between 8 a.m. and 5 p.m. weekdays.

Turkey Federation

The Noel Southard Chapter of the National Wild Turkey Federation will hold their annual banquet Feb. 26 at the Otero County Fairgrounds building. Activities will start at 6 p.m. with dinner at 7 p.m. There will be raffles, a silent auction, live auction

and food.

There will also be a Turkey Calling Contest starting at 2 p.m. There will be a youth division and an adult division with 1st, 2nd and 3rd prizes in each division.

For more information, call 437-2542, 434-8356, or 434-1467.

Job fair

Local residents interested in finding out about employment opportunities are welcome to attend a job fair from noon to 7 p.m., March 4 at the Tays Special Events Center on North Scenic Drive.

The job fair, sponsored by the Alamogordo Chamber of Commerce Business Support Committee, in conjunction with the Small Business Development Center, will feature major employers from the local area.

The Chamber is currently selling booth space for employers: \$80 for chamber members, and

\$100 for non-members. Deadline for booth space is Feb. 11.

For more information about the job fair, please call the chamber at 437-6120.

Memorial march

The 16th Annual Bataan Memorial Death March is March 20 at White Sands Missile Range. Bataan Memorial Death March information and registration is available at www.bataanmarch.com There is a limit of 4,000 marchers. Mailed registration forms must be postmarked no later than Feb. 19; online registrations will be accepted until March 10.

For information, call the White Sands Missile Range Community Recreation Division at (505) 678-1256 or the WSMR Public Affairs Office at (505) 678-1134.

Questions and comments may be e-mailed to bataan@wsmr.army.mil.

The fitness corner

Class: Strength Fusion; 11:30 a.m., Tuesdays.

Instructor: Cynthia Ward

Description: This is a strength training class. The class consists of a variety of exercises with light weights and high repetitions. The class targets both upper and

lower body conditioning.

Benefits: This class provides a great full body workout for those that do not normally lift weights but want the benefits of toning without the bulk.

Fitness tip: Eat less, move more, lose weight!

Try it at home



Left: One-Arm Dumbbell Rows

Place your left leg in front of your right leg, supporting yourself with your left arm. Hold a light weight or an object with some weight, such as canned food, and pull your arm straight in toward your waist. Lower your arm straight down and do three sets of 12 to 15 repetitions. Reverse your positioning and repeat the process with the other arm. (works the latissimus dorsi)



Walking Lunges

Begin at one end of a room and take a wide step with your right leg, squatting down as you move. Rise and repeat the process with your left leg, moving toward the other side of the room. Do three sets of 12 to 15 steps. (works hamstring/quadriceps/buttocks)



Bicep Curls

Hold weights or objects with some weight, such as cans of food, in each arm. Extend arms down, shoulder width apart, and then lift up toward the shoulders. Complete three sets of 12 to 15 repetitions.

